

Tomato and Couscous Salad



STEP 1: Gather Ingredients together.

4 x tomatoes
150 ml/5fl oz
tomato juice
125g/4½ oz
couscous
50g/1¾ oz sultans
Basil leaves
Parsley
Pepper



Gather utensils.

- 1 x weighing scales
- 1 x measuring jug
- 1 x bowl
- 1 x knife
- 1 x butter knife
- 1x fork
- 1 x plate
- 1 x chopping board
- 1 x colander
- 1 x kettle
- Paper towel



STEP 2

Weigh out 125g
/4½oz of couscous



STEP 3

Boil the kettle and
put 150ml/5floz of
hot water into
measuring jug



STEP 4

Add hot water to the
couscous and leave
to stand for
10minutes



STEP 5

Wash Tomatoes



STEP 6

Cut middle out of
tomatoes



STEP 7:

Cut tomato pieces
with knife and fork



STEP 8:

Measure out
150ml/5floz of tomato
juice into measuring
jug



STEP 9:

Add tomato juice to
chopped tomatoes



STEP 10:

Fluff up couscous with
fork



STEP 11:

Add tomato mix with
couscous



STEP 12:

Weigh out 50g/1¾oz of sultans



STEP 13:

Add sultans to couscous mix



STEP 14

Wash Herbs and dry with paper towel



STEP 15:

Add herbs to couscous mix



STEP 16:

Fill tomatoes with
couscous



STEP 17:

Add black pepper and
enjoy !!